

# ***Dr. Annabel. M. H. Braganza*** *Periodontist*

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## **Instructions Following Periodontal Surgery**

### **CARE OF THE SURGICAL SITE**

You may or may not have a firm dressing covering the tissues, which were surgically treated today. It is very important that you take the best possible care of these tissues while they are healing.

### **EATING**

Do not eat or drink anything for three or four hours after surgery. It is best to restrict your diet to fluids and soft, nourishing, foods. On the first day, cold or warm foods are preferred. Avoid hard, chewy, hot or spicy foods. **No Popcorn and nuts are a no-no until further notice.** A good diet is essential to healing, so be sure to eat well-balanced meals during treatment.

### **TOOTH BRUSHING AND RINSING**

After the first day, brush your teeth everywhere except in the area of the surgery. Frequent rinsing of the mouth with warm salt water (**1 1/4-teaspoon salt to 1-cup water 4-6 times a day**) will help aid the healing process and keep your mouth clean. An antiseptic mouthwash such as (**Listerine AM/PM**) or Chlorohexidine if prescribed may be used. As an alternative to rinsing, cleaning the area with a Q- Tip dipped in the antiseptic may be more comfortable. You may gently brush the teeth in the surgical area after 4-5 days.

### **DISCOMFORT**

Following all types of surgery a certain amount of discomfort can be expected. If you did not require a prescription for pain medication, please take over the counter pain medication such as Advil (**600 mg every 4-6 hours for the first 48 hours, then decrease the dose to 400 mg, take as directed on the bottle.**) If you were given a prescription, take the medication as prescribed. Immediately after the surgical procedure, drink one to two glasses of ice water, followed by one glass every few hours. Don't sleep on the side of the surgical site. If pain persists call your doctor.

### **SWELLING**

Expect a small amount of swelling immediately following surgery. Please do not perform strenuous activity for several days after the procedure, as this will increase swelling. Remember, swelling will maximize 3 days after surgery; this is part of normal healing. To keep swelling down, apply an ice pack to your face in the area, keeping it in place 10-20 minutes, and then removing it for 10-20 minutes for the first 6 hours.

### **BLEEDING**

Expect a small amount of bleeding for a day following surgery. If bleeding continues, place a moist tea bag with gentle pressure over the bleeding areas. Please call us if bleeding persists or becomes heavy after one day.

Please do not enter a swimming pool or hot tub after your surgery for the first week. We will discuss how to continue caring for your surgical site after initial healing at your first follow-up appointment.

***We are available to you at all times, Please do not hesitate to call if you have any questions regarding your procedure. Please be sure to attend your follow-up appointments so that we may ensure the best possible care.***